

**AMENDMENTS TO THE SPECIFICATION:**

**Please add Abstract of Disclosure as follows:**

**Abstract of the Disclosure**

An insert for use in a beverage preparation machine of a type comprising a brew head suitable for receiving a rigid or semi-rigid cartridge. The brew head comprises an upwardly directed inlet for supplying water to the brew head, a downwardly directed outlet for outflow of beverage produced by the machine, and a closure mechanism moveable between open and closed configurations. The insert comprises a receptacle and sealing means, the receptacle having an opening through which, in use, a quantity of beverage ingredients may be loaded into the receptacle, a lower portion of the insert comprising an inlet and an outlet. In use, on insertion of the insert into the brew head of the beverage preparation machine and movement of the closure mechanism into the closed position the sealing means is contactable with, and sealable against, the brew head to thereby close the opening of the receptacle to define a brewing volume containing the quantity of beverage ingredients, and on inserting the insert into the brew head the inlet and outlet of the insert are arranged to communicate respectively with the inlet and outlet of the brew head such that, in use, water from the inlet of the brew head passes upwardly through the inlet of the insert into the brewing volume and such that beverage produced from the water and the quantity of beverage ingredients passes downwardly through the outlet of the insert to flow out of the outlet of the brew head.